

Swimming Timetable

East Ham Leisure Centre

Accurate as of 25/04/2024

Times for Wednesday 24 April



| Time | Session | Facility |
|---------------|----------------------|---------------------|
| 07:00 - 09:00 | Adult Lane Swimming | Main Pool (25m) |
| 08:00 - 09:00 | Family Splash | Teaching Pool (12m) |
| 10:00 - 13:00 | General Swim* | Main Pool (25m) |
| 13:00 - 16:00 | Adult Lane Swimming* | Main Pool (25m) |
| 14:15 - 15:00 | Aqua Fit | Main Pool (25m) |
| 15:00 - 16:00 | Family Splash | Teaching Pool (12m) |
| 19:30 - 20:30 | Adult Lane Swimming* | Main Pool (25m) |
| 20:30 - 21:30 | Adult Lane Swimming | Main Pool (25m) |